

LOCATION + HOURS

Rainbow Resource Centre is located on Treaty 1 Territory and the Homeland of the Métis Nation.

These are the traditional territories of the Ininiw (Cree), Anishinaabe (Ojibway), Island Lake Aniciniw (Oji-Cree), Nakota (Assiniboine), Dakota and Sayisi Dene peoples. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous and Two-Spirit communities in a spirit of reconciliation and collaboration.

Our office is located at:

545 Broadway, Winnipeg, MB R3C 0W3

Monday to Thursday:

10:00 AM - 12:30 PM

1:30 PM - 5:00 PM

Friday - Sun: Closed

ACCESSIBILITY

There is a ramp on the East side of the building (Colony street) that brings you to the front door.

We have a lift that has a 2 person capacity.

Our washrooms are accessible and fitted with support bars. Fluorescent lighting is used throughout the building.

TRANSPORTATION

Access to parking is limited. There are lots nearby that require payment, or free street parking. We are close to transit routes for bus numbers 10, 16, 17, 18, 20, 23, 58 and 60.

OUR MISSION

Rainbow Resource Centre nurtures inclusive spaces for 2SLGBTQ+ communities to thrive.

OUR MISSION

A society in which diverse sexual and gender identities, orientations, and expressions are included, valued, and celebrated

STAY CONNECTED

Join the movement for a more inclusive society. Learn about the latest news, events, and programs Rainbow Resource Centre offers. Subscribe to our newsletter by scanning the QR code or by visiting our website!

rainbowresourcecentre.org/stay-connected



All programing, services and events at Rainbow Resource Centre are supported in part thanks to the generosity of our donors.
Thank you!

50
YEARS
1973-2023

**RAINBOW
RESOURCE
CENTRE**

COUNSELLING SERVICES

Ph: 204-474-0212 | Fax: 204-478-1160

www.rainbowresourcecentre.org

info@rainbowresourcecentre.org

ABOUT US

Rainbow Resource Centre provides a spectrum of support for Winnipeg's 2SLGBTQ+ community. Anchored by our Youth Program and Over the Rainbow Program (55+), we offer free short-term counselling, volunteer-led social support groups, classroom and GSA education/outreach, and diversity and inclusion training and consultations for workplaces.

<https://rainbowresourcecentre.org/about>

COUNSELLING

Rainbow Resource Centre provides **free short-term counselling** (up to 8 sessions) and **single-sessions** to **2SLGBTQ+ and questioning individuals**. Our sessions are up to one hour and take place either in-person at Rainbow Resource Centre, through video-call on Zoom, or telephone.

Everyone's experience of being 2SLGBTQ+ is unique and so the supports required are not the same for everyone. There may be times when we feel it is in the best interest of everyone involved to make an external referral. The counsellors are happy to discuss this with you and strategize about accessing services at other agencies and organizations.

<https://rainbowresourcecentre.org/programs/counselling>

PRIORITY POPULATIONS

We strive to remove barriers by making our intake process equitable. We have identified six population groups who we will be prioritizing in our triaging process, including those who:

- Identify as **Black, Indigenous and/or a person of colour**
- Are a person with a **disability**
- Are residing in a **rural or Northern** community
- Are a **youth** (aged 21 and under)
- Are an **older adult** (aged 55±)
- Are **financially insecure** (e.g. little/no expendable income, difficulty paying for basic needs such as housing/rent, medications and groceries, etc.)

YEARLY INTAKE SCHEDULE

First week of October intake opens.

Applications are triaged and counsellors will contact their caseloads in early November.

First week of February intake opens.

Applications are triaged and counsellors will contact their caseloads in early March.

First week of June intake opens.

Applications are triaged and counsellors will contact their caseloads in early July.

To be notified when our intake opens, join our electronic newsletter by visiting our website.

CONSENT TO THERAPY

When working with children ages 13 and under, we will ask that the parent or guardian(s) sign a "Consent to Therapy" form ensuring guardian permission. At times, the counsellor may request individual sessions with guardians.

We do not offer family counseling. Instead, we offer group informational sessions led by our counselling team throughout the year on how to support your 2SLGBTQ+ child. Dates for these sessions will be announced each intake period, and pre-registration will be required.

CRISIS AND 24/7 SUPPORTS

We do not provide crisis supports. For crisis supports, contact:

- If you are under 18, you can contact:
 - Kids Help Phone at 1-668-6868
 - Youth Mobile Crisis at 204-949-4777 or 1-888-383-2776.
- Klinik's 24/7 crisis line at 204-786-8686 or 1-888-322-3019
- Trans Lifeline at 1-877-330-6366
- First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310
- Adult Mobile Crisis at 204-940-1781
- or attend 817 Bannatyne Ave in Winnipeg for 24/7 crisis supports.

Updated May 2023